

Stop Compulsive Spending Tip Sheet

- Always attempt to pay for your shopping trips with cash, check, and debit card.
- Shop with an ingeniously developed scripted shopping list, which will have only the must-have items.
- Demolish or put away all charge cards, save one to be utilized during emergency.
- Keep your distance from discount stores. Even if you do travel to one, put aside only a set amount of money for spending.
- Window shop after the shops have shut down or you'll be enticed to purchase.
- Prevent phoning in catalog orders and watching TV buying channels.
- Go for a walk or work out whenever you sense the urge to shop.
- If nothing seems to work, then look for professional help.
- Keep precise records of your spending as it will help you comprehend your splurging habits better. You'll then understand where not to spend.
- You are able to likewise do well by finding an interest for a fresh hobby like painting, hiking, and so forth.